



South Pasadena Senior Center Meal Program

1102 Oxley Street, South Pasadena
Phone: (626) 403-7360 | Email: seniorcenter@southpasadenaca.gov

Five or seven day frozen meals available for weekly deliveries on Monday.

COST: \$3.00 per meal

APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Teriyaki Beef Brown Rice Onions & Peppers Carrots
4 Tuna Salad Potato Salad Diced Jicama Baked Chips Fruit & Milk	5 Chicken Adobo Over Brown Rice Corn Broccoli Fruit & Milk	6 Breaded Pork Chop w/ Creamy Mustard Sauce Mashed Potatoes WG Dinner Roll Green Beans & Cauliflower	7 Lemon Pepper Fish Fillet Moroccan Couscous with Herbs, Broccoli, Glazed Carrots Fruit & Milk	8 Turkey Burger Potato Wedges Peas & Carrots Fruit & Milk
11 Chicken Taco Salad Pinto Beans Corn Baked Chips Fruit & Milk	12 Lemon Dijon Chicken over Mashed Potatoes Sliced Zucchini Green Beans Biscuit Fruit & Milk	13 Beef Strip w/ Orange Sauce Brown Rice Carrots Broccoli Fruit & Milk	14 Breaded Fish Potato Wedges Corn & Broccoli Muffin Fruit & Milk	15 Beef & Pinto Bean Chili WG Corn Muffin 5-Way Mixed Vegetables Fruit & Milk
18 Ham Sandwich w/ Provolone on WG Dusted Bun Coleslaw & Sliced Green Peppers Fruit & Milk	19 Chicken w/ French Onion Sauce Mashed Potatoes Green Beans Dinner Roll Fruit & Milk	20 Wet Chicken Burrito Green Salsa Pinto Beans Corn Fruit & Milk	20 Pork Carnitas Seasoned Brown Rice Pinto Beans Sliced Zucchini Fruit & Milk	22 Beef Stroganoff w/ Noodles Green Beans Diced Carrots Fruit & Milk
25 Mediterranean Turmeric Chicken Salad Broccoli Salad Matchstick Carrots Popped Chips Fruit & Milk	26 Cheese Burger Sweet Potato Fries Sliced Zucchini Fruit & Milk	27 Chicken Tamale Black Beans Peas & Carrots Fruit & Milk	28 Fish Fillet w/ Lemon Dijon Sauce over Mashed Potatoes Broccoli 5-Way Mixed Vegetables Dinner Roll Fruit & Milk	29 Chicken Alfredo Broccoli Diced Carrots Fruit & Milk

NOTE: MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.